

Welcome

The Southeast Massachusetts Adult Walking Club meets each weekend on either a Saturday or Sunday at 1:00 for recreational walks. This club is open to people of 16 years of age and older and there is no fee to join. Walks average 2 to 5 miles. New walkers are encouraged to participate.

The terrain can vary:

- ▲ EASY (mostly level terrain)
- ▲▲ MODERATE (hilly terrain)
- ▲▲▲ DIFFICULT (strenuous & steep)

Walks will be led by a park ranger or a Walking Club volunteer leader.

Occasionally, the Walking Club meets at other DCR sites or car pools to sites within the Blue Hills Reservation.

The rangers recommend wearing hiking boots and bringing drinking water on all hikes.

Share the trails!



June

Saturday, June 7 1 pm
Blue Hills Reservation



Moderate walk, hilly terrain, 3+ miles.
Loop around the base of Great Blue Hill. Meet at the Trailside Museum north parking lot at 1904 Canton Ave. in Milton.

Sunday, June 15 1 pm
Blue Hills Reservation



Moderate walk, hilly terrain, 3.5+ miles.
Wolcott Path to Breakneck Ledge to Chestnut Run and Border Path, return via Wolcott Path. Meet at the Blue Hills Headquarters staff parking lot at 695 Hillside St. in Milton.

Saturday, June 21 1 pm
Wompatuck State Park



Moderate Walk; 4 miles.
Explore the glacial rock fields of Wompatuck in a less explored area of the park as we make our way to Burbank Boulder, Wompatuck State Park's largest glacial erratic. Meet in front of the Wompatuck State Park Visitor Center at 204 Union Street in Hingham.

July
Sunday, July 6 1 pm
Myles Standish State Park



Moderate Walk; sandy terrain, 3.5 miles.
Myles Standish State Forest is home to one of the Earth's largest remaining pine barrens. Join us on this walk through a series of frost pockets in the pine barrens. Meet at Parking Lot 2 on Upper College Pond Road. For a trail map, including parking lots, visit
<http://www.mass.gov/eea/docs/dcr/parks/trails/mssf1.pdf>

Sunday, July 13 1 pm
Blue Hills Reservation



Moderate walk, hilly terrain, 2.5 miles.
Walk Wolcott Path to Hemenway Hill Path. Return via Breakneck Ledge. Meet at the Trailside Museum north parking lot at 1904 Canton Ave. in Milton.

Saturday, July 19 1 pm
Blue Hills Reservation



Moderate walk, some hilly terrain, 3.5 miles.
St. Moritz green dot loop. Meet at Shea Rink parking lot at 651 Willard St. in Quincy.

Sunday, July 27 1 pm
Blue Hills Reservation



Moderate walk, rugged and rocky terrain 1.5 miles.
Walk the red dot trail to the top of Great Blue Hill. Return via green dot and Wolcott Path. Meet at the Trailside Museum north parking lot at 1904 Canton Avenue in Milton.

August

Saturday, August 2 1 pm
Blue Hills Reservation



Moderate walk, with some hills, 2+ miles.
Walk around Tucker Hill on the green dot trail. Meet at the Houghton's Pond main parking lot at 840 Hillside St. in Milton.



Saturday, August 9 1pm

Ellisville Harbor State Park



Easy Walk; about 2.5 miles.

Walk along the salt marsh, old agricultural fields, and along the beach at Ellisville Harbor State Park. Meet at the main parking lot on State Road (Route 3A) in Plymouth.

Saturday, August 17 1 pm

Blue Hills Reservation



Moderate walk, hilly terrain, 3 miles. Headquarters Path to Doe Hollow Path and return via Bugbee Path. Meet at the Houghton's Pond main parking lot at 840 Hillside St. in Milton.

Sunday, August 24 1 pm

Blue Hills Reservation



Easy walk, 2 miles. Loop around Houghton's Pond and old Rte. 128. Meet at the Houghton's Pond main parking lot at 840 Hillside St. in Milton.

Saturday, August 30 1pm

Nickerson State Park



Moderate walk; about 3.5 miles.

Walk through the piney woods of Cape Cod's Nickerson State Park. Meet at the Nickerson State Park Nature Center. The entrance to Nickerson State Park is located at 3488 Main Street (Route 6A) in Brewster.

Things to know

- Wear sturdy footwear
- Carry drinking water
- We will hike unless the weather creates unsafe conditions
- If weather conditions are questionable, please call 508.866.2580 ext. 165.



Check out the DCR Healthy Heart Trails

DCR is excited about our Healthy Heart Trails program to promote better health and fitness while connecting with nature. We have designated more than 70 Healthy Heart Trails across the state and hope that you will make them part of your regular exercise routine. We encourage you to not only track your mileage, but to record your experience. Download the tracking chart at mass.gov/dcr/recreate/hht to calculate your progress.

If you would like to receive this brochure via e-mail, please send an e-mail request to: Tom.Bender@state.ma.us

Blue Hills Reservation
695 Hillside St. Milton, MA 02186
508.866.2580 extension 165
www.mass.gov/eea/agencies/dcr



Summer
2014

Southeastern Massachusetts Adult Walking Club

